

Grades 3-5 Educator's Guide

Kids Topic 4: Energize!



Captivate



Educate



Activate

Session 1 **RECHARGE to Energize**

Riddle Time

- Ask students to guess how they are like a hand-held game, remote-controlled toy car, and a computer. (You must RECHARGE to get energy!)

RECHARGE

- Lead a class discussion about how students look and feel when their energy is low.
- Follow with discussion about how students look and feel when they have all the energy they need
- Tell students they need energy to be active!

Your Energy

- Students observe others to see who has energy.
- Next, they turn their attention to themselves and talk about their energy at different times during the day.
- Students will complete the energy check handout during Session 2.

Session 2 **Energy Influences Choices**

Show Your Energy!

- Students show their energy level by either sitting on the floor (low) standing (in the middle), or standing with hands in the air (fully recharged).
- First, students show what their energy level was after school the previous day, then they show their energy from the night before. Conclude by asking students to show their current energy level.

Energy Influences Choices

- Explain that energy influences the choices you make each day.
- Invite students to talk about a time when their energy influenced a choice.

Your Energy

- Look back at the *Session 1: My Energy* handout. Ask students to write or draw what they were doing when they checked their energy after Session 1.

Session 3 **Sleep to Restore Your Energy**

How Much Sleep?

- Ask students to predict the amount of sleep different animals need to RECHARGE their energy?
 - A giraffe only sleeps about 2 hours.
 - A 6-12 year old child needs 9-12 hours.
 - Rabbits sleep 11-12 hours.
 - A brown bat sleeps nearly 20 hours.

Why Sleep?

- Highlight the key points about sleep:
 - Your body and brain need 9-12 hours of sleep every night to restore energy to make healthy choices.
 - Sleep gives you energy to play and have fun.
 - Sleep helps you recall what you have learned.
 - Sleep helps your body and brain grow.

Good Night!

- Calculate the time students need to go to bed to get the 9-12 hours of sleep they need.
- For those students who find falling asleep difficult, practice the "I Can't Sleep" activity. Encourage students to try the same activity at home when they need help falling asleep.

Session 4 **Refresh Energy During the Day**

Got Energy?

- People are not the only ones who need to refresh their energy from time to time.
- Help your students match the object with the best refresh choice.

Relax!

- Explain that your body needs to relax for short periods of time to RECHARGE during the day.
- Examples of ways to relax include quiet activities such as stretching, reading, listening to music, drawing, or walking.
- Screen time is not relaxation. It stimulates brain activity rather than recharging energy.

Refresh Your Energy

- Students plan ways they will relax to refresh their energy by making a take-a-break basket.
- Students name things they can use for quiet time such as art supplies, writing materials, board games, playing cards, books, music, and/or puzzles. They may list or draw items using the *Session 4: Take a Break Handout*.

Session 5 **Choose to RECHARGE**

Rest and Relax

- Select the video: "*The Best Ways to Recharge and Relax*" (1:17 min).
- Watch and listen for examples and key ideas:
 - Quiet activities to refresh their energy.
 - How many hours of sleep they need every night to fully restore their energy.

Get Some Energy

- Here's how to do a breathing exercise:
 1. Sit up tall or lie on floor.
 2. Inhale slowly through your nose, count to 4.
 3. Exhale slowly through your mouth, count to 8.
 4. Repeat 5-10 times.
 5. Stand up and stretch to ceiling, then to floor.
- Smile! You now know another way to RECHARGE!

RECHARGE Your Energy

- Students use the *Session 5: RECHARGE Your Energy* handout to make a healthy choices plan for weekend days. They are to show three different ways in which they will RECHARGE.
- Remind students that RECHARGE, along with MOOD, influences healthy FOOD and MOVE choices.

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Prior Knowledge: RECHARGE is all about your energy. RECHARGE is a key influencer of healthy choices. You RECHARGE your energy in two ways:

1. Sleep to restore energy - 9-12 hours (ages 6-12) or 8-10 hours (ages 13-18).*
2. Relax to refresh energy - do a quiet activity that does not involve a screen (draw, write, read, puzzles, etc.).

*Based upon recommendations by the American Academy of Pediatrics and the American Academy of Sleep Medicine.

Objectives: Students will be able to:

- Describe RECHARGE as “to sleep or relax to get energy.”
- Recall that children need 9-12 hours (ages 6-12) or 8-10 hours (ages 13-18) of sleep each night.
- Describe healthy ways to relax during the day to refresh energy.

Checks for Understanding and Readiness to Make Healthy Choices

Session 1: _____ to get energy. (RECHARGE)

Session 2: Your _____ influences your healthy choices. (energy)

Session 3: How many hours of sleep do you need get a full RECHARGE? (9-12 hrs, ages 6-12; 8-10 hrs, ages 13-18)

Session 4: Take time to _____ during the day to refresh energy. (relax)

Session 5: _____ so you have enough energy to make fit choices! (RECHARGE)

Health Education Standards

- 1.5.1 Describe the relationship between healthy behaviors and personal health.
- 4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.
- 5.5.1 Identify health-related situations that might require a thoughtful decision.
- 5.5.3 List healthy options to health-related issues or problems.
- 6.5.1 Set a personal health goal and track progress toward its achievement.
- 7.5.1 Identify responsible personal health behaviors.
- 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
- 8.5.1 Express opinions and give accurate information about health issues.

Common Core Standards

ELA/Literacy	Grade 3	Grade 4	Grade 5
Speaking and Listening	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6
Informational Text	RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7	RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6	RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6
Literature	RI.3.8 RI.3.9 RL.3.1 RL.3.3 RL.3.6 RL.3.7	RI.4.7 RI.4.8 RI.4.9 RL.4.3 RL.4.9	RI.5.7 RI.5.8 RI.5.9 RL.5.1

Student Materials

Sessions 1 and 2

Session 4

Session 5

fit Tip: RECHARGE Your Energy! Set an alarm to remind you of what time you need to go to bed to get 9-12 (ages 6-12) or 8-10 (ages 13-18) hours of sleep each night.

Family Message: Your child is learning about an important element of their growth and development and a key influencer of healthy choices: RECHARGE!

RECHARGE is all about getting energy. In addition to sleeping 9-12 hours each night (8-10 for ages 13-18), children need to take time to relax to refresh their energy during the day. You can learn more about the benefits of RECHARGE from *Raising fit Kids* at webmd.com/parenting/raising-fit-kids.

Related fit Links:

fit Juniors, Grades K-2

Articles and Activities:

- “I Can’t Fall Asleep”
- “Take a Break Basket”

Printable Activities:

- “Help the fit Friends Relax”
- “I Went to Bed Chart”
- “My fit RECHARGE Book”

Song:

- “To Be Your Best You Need Your Rest”

fit Kids, Grades 3-6

Online Games:

- “What is your energy horoscope?”

Articles and Activities:

- “fit Kids RECHARGE Handbook”
- “Guide to Sleep”
- “How do rest and relaxation tie in with being fit?”
- “Are TV and Video Games that bad?”

Do your students know that to fully RECHARGE, they must sleep 9-12 (ages 6-12) or 8-10 (ages 13-18) hours each night?

